Fenom Flo™

FeNO Monitoring System

PATIENT PREPARATION FOR FeNO TESTING

THIS IS A SUGGESTED PROTOCOL, OTHER PROTOCOLS MAY BE AVAILABLE.

PRIOR TO TEST:

- Alcohol substances may cause erroneous measurement results[1]. It is recommended to avoid alcohol consumption prior to the test.
- An increase in FeNO has been found after ingestion of nitrate contaiing foods and may lead to altered FeNO levels[1].

It is recommended to avoid eating foods high in nitrates, this includes but not limited to[2]:

- Arugula
- Spinach
- Lettuce
- Radish
- Beetroot
- Chinese Cabbage
- Turnips
- Cabbage
- Green Beans
- Leek
- Spring Onion
- Cucumber
- Carrots
- Potatoes
- Garlic
- Sweet Pepper
- Green Pepper

DAY OF TEST:

On the day of the test, it is recommended to avoid any of the following 1 hour before the test[1]:

- Eating
- Drinking
- Smoking
- Exercise

The ATS/ERS Guidelines, included in the references below state that the activities listed can affect FENO readings[1] and therefore MGC Diagnostics has recommended to abstain from these activities for the noted time frame.

REFERENCES:

1. ATS/ERS Recommendations for Standardized Procedures for the online and offline measurement of exhaled lower respiratory nitric oxide and nasal nitric oxide, 2205. American Journal of Respiratory and Criticial Care Medicine. 2005; 171 8): 912-930.
2. Lidder S, Webb A. Vascular effects of dietary nitrate (as found in green leafy vegetables and beetroot via the nitrate--nitrate-nitric oxide pathway. British Journal of Clinical Pharmacology. 2013; 75(3): 677-696.

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Part# 060178-001 RevD